



Ready for Malanka
... Page 3

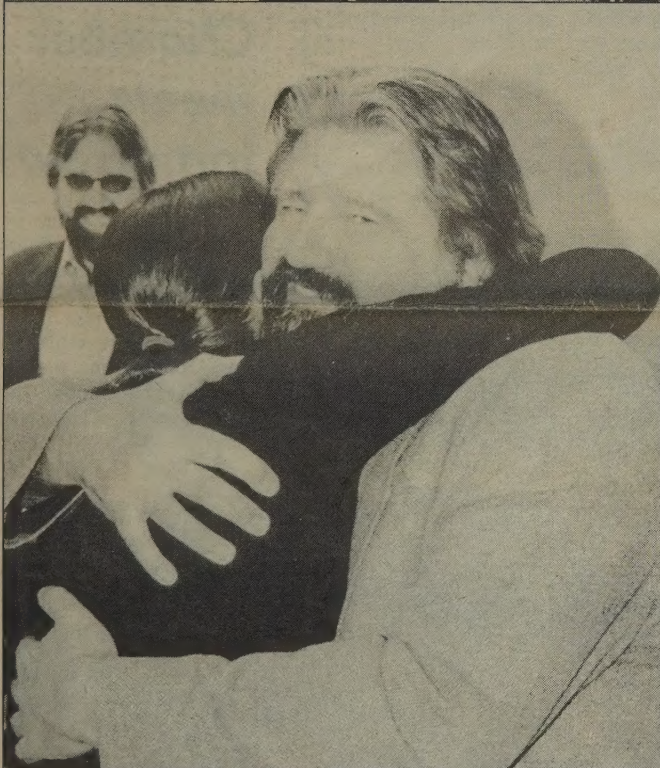
REVIEW

Tuesday, January 4, 2005 vol. 25 no. 1
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Mayor envisions safe, friendly town
... Page 2

Reeve looks forward
... Page 3

Healthy resolutions
... Page 5



Looking back at 2004

As we embark upon the bright new year of 2005, let's take a look back at the past twelve months, and the news that made the headlines...



Happy Old Year

The past year saw many happy occasions make the headlines. At top left, Elk Point Deputy Mayor Bernice Capjack presented Town pins to Way Out Women Anna Choquet, Gisele Hebert and Jackie Pederson when they roared into town on their snowmobile tour fundraiser for breast cancer; above, Eryl Anton Roberts made a good showing in the Canada Day Slow Tractor Race with Gary Suvak's 1950 John Deere; bottom left, MLA Ray Danyluk shares an election night hug with daughter Robyn after his landslide victory at the Lac La Biche-St. Paul constituency polls.

Doctor recruitment dilemma, local shopping promotions and debt-free dreams hit the Review's headlines in 2004

January

The new year began with Town Council, Chamber of Commerce and the oil industry planning a joint meeting to facilitate communications and foster friendly relationships. F. G. Miller High School's grade 12 students geared up for a new style of diploma exams, starting a week earlier than ever before. Town Council declared themselves happy with the way the local ambulance service runs. A capacity crowd was welcomed to Elk Point Ukrainian Dance Club's fourth annual Malanka celebration. Representatives of the Riverland Recreational Trail, Lakeland Tourist Association, Iron Horse Trail and Elk Point Trailriders Snowmobile Club enlightened the Chamber on the many benefits of being located along the Iron Horse Trail. St. George's Masonic Lodge celebrated their 50th anniversary.

February

Marshall Kachmar was named Elk Point Oilmen's Association's Oilman of the Year at the 21st annual Oilmen's Bonspiel, while Leonard Gadowski and his rink were the grand challenge winners. Alberta's Way Out Women team roared into Elk Point on their tour to raise money for breast cancer research. Staffing funding was

approved and tour bookings were pouring in for the 2004 season at Fort George and Buckingham House historic site. Rod Randall was elected Elk Point Chamber's 2004 president, with Dwayne Vogel as vice president. Physician recruitment efforts were ongoing, with help from the Aspen Regional Health Authority, although CEO Bob Cable told the Interagency Health Committee "it's not necessarily our job to do that." John Braga scored 100% in two diploma exams. Esther Moneta and Linda Fox received 25-year service awards at Elk Point Health Centre.

March

The Chamber's new executive decided to try once-monthly meetings. Displays ranged from astronomy to zoology at Elk Point Elementary's science fair. Town Council voted to establish a community support services fund which could help organizations experiencing unexpected financial hardship. Town Council and Chamber representatives discussed the doctor recruitment issue. Elk Point skaters went country style at their annual ice carnival.

The Canada Day committee reconfigured their parade route after protests that a shortened route would make it difficult for seniors in retirement homes to view the parade. Elk Point Community Choir's dinner theatre performance

or "Oklahoma!" played to eight sellout crowds. The Elk Point Review celebrated 20 years of news coverage.

April

The minor hockey season wound up with an awards banquet, where Atom Avalanche was praised as the year's top success story, going from a very small beginning to a zone championship. Quillan Lowry won the Alex Kurash Memorial award. The Chamber geared up for downtown beautification and a huge local shopping promotion. Town manager Myron Goyan was encouraged by the possibility of the Town becoming debt-free. Town Council supported a move to establish a food bank in Elk Point. Elk Point Ukrainian Dance Club celebrated 25 years with their spring concert. CNRL announced plans for a 60-well-per-year drilling program and numerous recompletions.

May

Elk Point Community Choir wrapped up their 16th season in song at their annual spring concert. Elk Point and District Lions Club raised \$2,100 at their Walk for Sight. Elk Point really cleaned up, with double the previous year's amount of hazardous household waste brought to the annu-

(Continued on Page 7)

Mayor pledges care for seniors

By Vicki Brooker

Review Staff

"It is in my culture to look after seniors," Elk Point mayor Parrish Tung told Town Council at their final meeting of 2004. "When I went to the Seniors' Christmas supper, I asked for suggestions on ways the Town could help them."

The mayor says he would like to compile a list of seniors living in their own homes and make it into "a registry of information on their needs," such as help with shoveling snow. He also thinks it would be possible to find volunteers who would be "willing to adopt a senior, even if they just phone and ask how they're doing."

"We can't help them financially, but we can show we care. I have a vision of Elk Point as a safe and caring town."

Also on the subject of seniors, Mayor Tung asked councillor Alvina Schuhmacher to bring suggestions of potential nominees for Alberta Seniors Service Awards to the next meeting. These awards go to people who enhance the lifestyle of Alberta seniors.

You CAN drink the water

Mayor Tung offered reassurance to councillors and residents who were startled by an Edmonton daily newspaper story in this fall listing Elk Point as one of nine locations showing pesticide in drinking water samples. He called the story "sensational journalism" and provided detailed data from the tests included in information received by Town manager Myron Goyan from Alberta Environment, regarding that department's report quoted in the news

story.

Ten samples of treated Elk Point water were tested over the period from January 19, 1995 to August 22, 2002, with, according to the story, a total of 13 incidents showing traces of chemicals. Twelve incidents are shown in the information received by the Town.

Six tests showed traces of 2, 4-D, ranging from 0.006 to 0.029 micrograms per litre. Safe drinking water guidelines allow 100 micrograms per litre, or 3,448 times the highest reading. Traces of concentrations lower than 0.005 micrograms per litre cannot be detected by the tests.

Two of the 10 tests showed MCPA, both at the lowest discernable reading, and four showed traces of MCPP (Mecoprop), with the highest at 0.007 micrograms per litre. No detection whatsoever was made of

between 29 and 42 other chemicals.

Councillor Alvina Schuhmacher said she was shocked at the AUMA convention when she was handed a copy of the story, which had been printed shortly after the newly elected council was discussing how good Elk Point's water was at their meet-and-greet session with ratepayers. At that time, public works superintendent Ron Fraess assured residents "we exceed all the requirements. We have excellent water."

New provincial requirements for water treatment plants will come on stream in 2008, and Fraess expects the plant to provide even better water by then, following a planned upgrade of the facility.

Town Council will get a first-hand look at Elk Point's water treatment plant as part of their town facilities tour on January 16.

Vandalism damages cabin

By Cst. J. R. Tremblay

Elk Point RCMP Detachment

Sometime between October 18, 2004 and the afternoon of December 28, 2004 a cabin on Moose Mountain Trail was broken into. The suspect(s) entered by breaking the lock on the front door. Inside, various items were stolen and a few windows were smashed.

Anyone with information is asked to call Crime Stoppers at 1-800-222-TIPS (8477) or the Elk Point RCMP Detachment at 724-3964.

Crime Stoppers will pay up to \$2,000 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for an award.

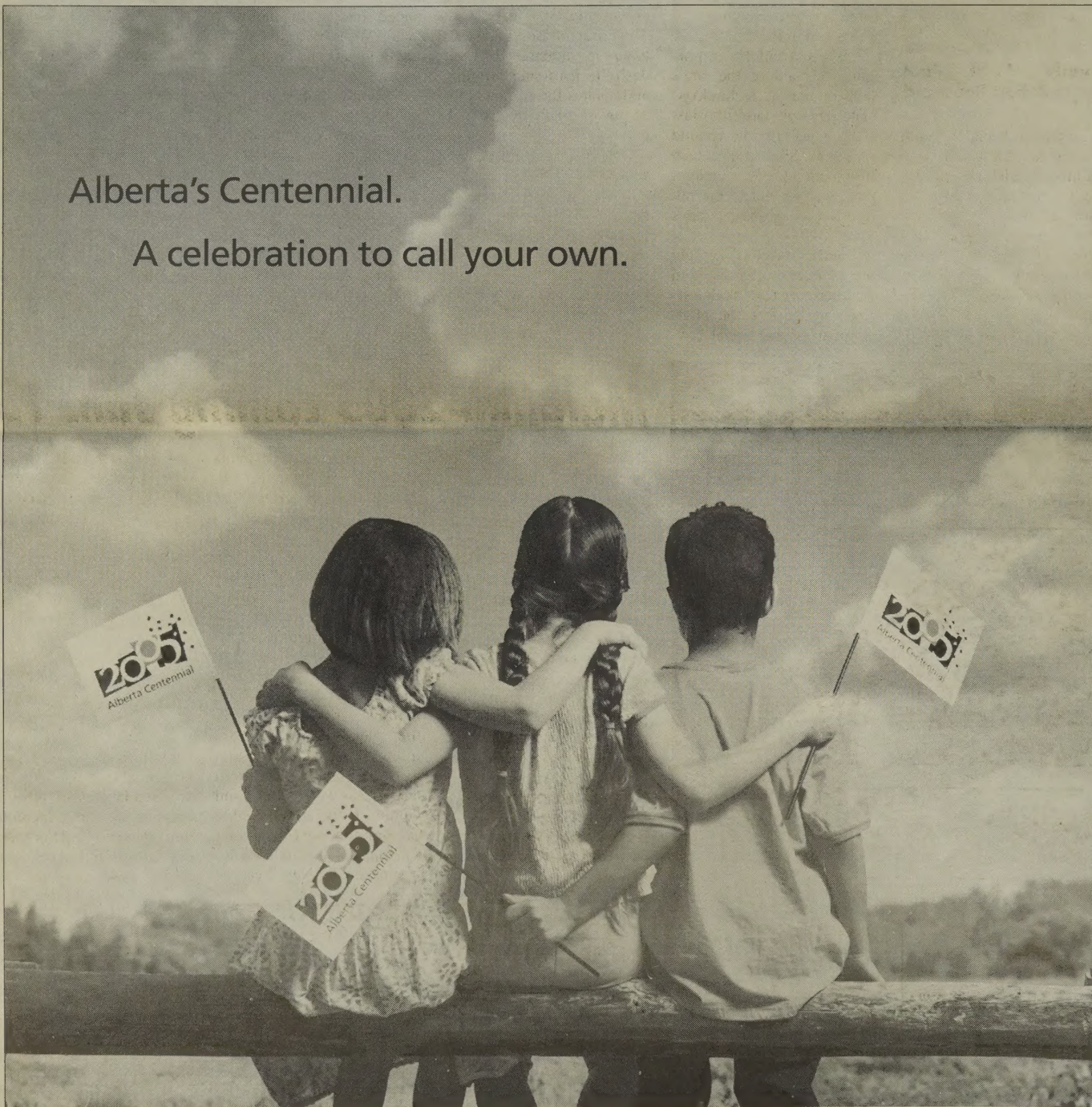
Chamber meets tomorrow

The first meeting of 2005 for the Elk Point Chamber of Commerce goes tomorrow at 12:00 noon at the Empress.

Members are urged to attend and to bring along a friend as planning for another year of projects gets underway.

Alberta's Centennial.

A celebration to call your own.

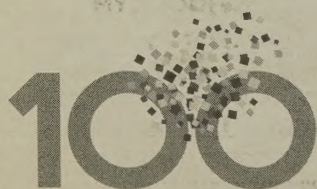


Since Alberta became a province on September 1, 1905, we've all played a part in building a place we're proud to call home. As we mark our Centennial in 2005, Albertans are making their own special plans to pay tribute to their province and welcome its second century in style.

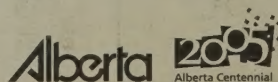
Join the celebrations! Find out what's happening across the province or add your local activity to the Centennial Calendar by visiting our website.

www.albertacentennial.ca

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The Firm you are approached

Reeve Bouchard looks forward to 2004

By MICHELLE HULEY
Special to the Review

2004 was a year that saw the County of St. Paul hold the line on taxes, swear in a nearly entirely new council, and declare the municipality and economic disaster due to effect of Mad Cow Disease on it ratepayers. It's that effect the county's reeve says was the biggest issue for the municipality last year.

"People are still struggling with BSE," Robert Bouchard said in a year-end interview with the Journal. "The BSE crisis is the first subject on most people's minds when you talk to them."

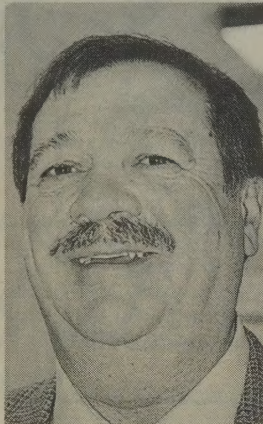
"It's the close of 2004 and still we don't have any specific sate for resumption of trade. It's nothing short of amazing," said Bouchard.

"I certainly hope so," he replied when asked if he anticipated seeing an opening of the US border to cattle on the hoof in the early part of 2005.

Bouchard stressed, however the benefits and the disadvantages of a re-opened border are mixed and added the closed border has provided an opportunity for the Canadian cattle industry to become more self sufficient,

and less dependent on the US market.

"In 2005, hopefully there's a clear direction for producers, either in developing a more independent industry or the resumption of trade — with some rules in place so one cow doesn't



County of St. Paul
Reeve Robert Bouchard

bring this all back," he said, stressing current testing procedures could potentially see another animal infected with the disease." The completion of the Evergreen Regional Waste facility topped the list of accomplishments for St. Paul in 2004, Bouchard said. "The completion of

Evergreen is certainly a highlight for some municipalities in the area."

The Evergreen Regional Waste Management Commission, which is comprised of a number of area municipalities including the Town and the County of St. Paul, have been planning and working on building the site for eight years.

"It's nice to see it come to completion. Staff is on site and it's ready to start operating on Jan. 3."

The opening of the site at the start of 2005 rings in a new era of environmental responsibility and stewardship, he said. "In many cases it's going to give ratepayers better services. This will certainly facilitate (improved) management of wet waste in the county."

"It's extremely important," he said of the site's state of the art technology. "The days of (landfills) just being a hole in the ground are over. This is a high tech engineered design. Whatever we put in the pit, for the end of time, it stays there."

Elected officials, he said are also now being held responsible for decisions made that affect the environment by provincial gov-

ernments. "We also personally can be held liable. As a (chief executive officer), I'm responsible to make sure the guidelines set by Alberta Environment and handed down to us are carried out."

One of the biggest changes for the county in 2004 was at the elected level, with nearly all of the newly elected council being new to the table.

"That was a big change," Bouchard said of the election. Only Bouchard and Councillor. Frank Sloan are incumbent councillors, with Alphonse Corbiere, Maxine Fodness, Cliff Martin, Tom Kurek and Glen Ockerman all being new to the job.

"So far the new council is working very, very well. The group of individuals we have is sincere in their desire to learn and certainly appreciates the responsibility put on them by ratepayers."

"No doubt, we'll have a very good working council."

While the new council heads into 2005 with a fresh perspective, some old issues remain consistent, Bouchard said, in the county's priorities for the upcoming year.

"Construction — all areas need work. Every area must

get some work every year," he said of the municipality's road plans, which total about 15 miles of new construction for 2005, not including project that are dependent on approval of grant applications.

Bouchard said there aren't any major construction projects planned for the upcoming year. "The majority of our projects are pretty well done."

He said he's expecting ratepayers can expect to get a sense of de ja vu, however, when the municipality finalized its budget for 2005.

Hopefully there will be no mill rate increases," he said, adding the county intends to maintain services this year and table a balanced budget in the new year. "We'll try to live within our means and do the best we can."

"I don't think agriculture needs any increases," he said of how BSE has affected producers and the entire business community. "Live within our means, that's our focus for this coming year."

A recent announcement in the agricultural service industry, however, he said, could provide some optimism. "The announcement that Agland is building (a

new outlet) was very pleasing news. It brings stability tot he agriculture industry, that they're showing confidence in the industry. We were very, very pleased with that."

The new shop will be located at highways 881 south and 28a, a perfect location for such a business, and Bouchard said there's been other's expressing interest in developing at the location.

When asked if the municipality would pursue attracting business to the location in hoped of building an agricultural industrial park, Bouchard said the county offered to assist Agland in any way possible, and that offer is open to other businesses interested in building.

"Perhaps it is time for the county to look at an industry park somewhere out there," he added. "It's in the best interests of our ratepayers to keep Agland and other agricultural industries."

"It's a benefit to have land available, but industry will very much find its own nest. If it works, if it makes sense, we'll help facilitate it and promote whatever attracts business to the county."



Malanka 2005 coming Jan. 15

By WANDA COCHRANE
Elk Point Ukrainian Dance Club

The dancers have been very busy preparing for their first community performance of this dance season. On January 15, 2005 the Elk Point Metelytsia Dancers will present the story of Malanka at their fifth annual Malanka celebration.

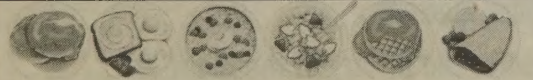
As the dancers are busy practicing their dances and

Narrator Marshall Kachmar applauds the dancing of Baba and Gido at Malanka 2004.

parts for the skit, the parents are busy preparing for the dine and dance as well as the silent auction. Malanka has been a successful fundraiser for the club the past five years and we are hopeful that this year will be the same. We invite the community to join us as we ring in the Ukrainian New Year with our families and friends. Our Malanka celebration is a fun evening for the whole family, from infant to school age, teenage, right up to Mom and Dad as well as Baba and Guido. It is an enjoyable evening for everyone.

Join Malanka in her celebration of the New Year, as

she looks forward to the coming of spring, by purchasing your advance tickets from Elk Point Insurance Home Town Grocers or any club member. For more information, you can call Dailene at 724-4621 or Sandi at 724-3245. It will be an evening of plentiful Ukrainian food, fine entertainment by the Elk Point Ukrainian Dancers and a fun, family dance to follow with music by the Eddie Chwill Band. No tickets will be available at the door, and are available in advance only, at the above locations until January 10. Don't miss out, get your tickets early. Hope to see you there!



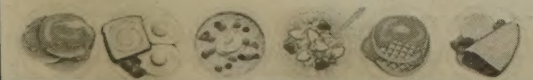
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AND

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11:00 am to 8:00 pm
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Malanka Presentation 7 pm and Dance to Follow
The Eddie Chwill Band; Adults - \$25.00
Students 6-17 Years - \$10.00; 5 and Under - Free

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MEMBERS AND INVITED GUESTS ONLY

EDITORIAL

This year, maybe we should....

With the fresh, clean page of 2005 spread out before us, we take pen in hand to plan for another year. It's always exciting, and a bit unnerving, to think of all the possibilities a new year can bring.

What will we look forward to this year? Well, let's see... maybe we should...

■ All get together to send assistance to the far side of the world, where life as many people know it was washed away in moments. We are so fortunate to live where we are safe from tidal waves and tropical storms.

■ Be ready to celebrate Alberta's Centennial in a meaningful way that all of us will remember through years to come, as we older folks remember Alberta 75 in 1980, or even the province's 50th birthday in 1955.

■ Collect all the information we can about the area in a package to present to visitors to the area, to encourage them to stay and enjoy the area for a few more days, while boosting our economy with their tourist dollars.

■ Design a great staging area for the Iron Horse Trail which is sure to bring us even more visitors this year with its recent designation as part of the Trans Canada Trail. And let's make it something that will dress up downtown in the process.

■ Enjoy life in small town Alberta. Not everyone is that fortunate.

WAY BACK WHEN

New Years' news

FROM THE FILES OF THE LAKELAND REVIEW AND THE ELK POINT REVIEW FOR THE WEEK OF JANUARY 4 IN...

1985

A bouncing baby boy was born to Patricia Cuthand of Sputinow on January 2, to become Elk Point's 1985 New Year's baby. Capitol Drugs, the Toronto Dominion Bank and Phil's Allied Hardware were first to third respectively in the business category of the Chamber of Commerce lighting and decorating contest, while the Mikitkas, Gulayecs and Bochons won the residential category.

1990

Elk Point's new Community Services department began operation on January 2, with Stephen Montgomery hired as director. The Town office, Community Services department and Playschool areas were declared smoke-free. Concerned residents gave their comments on the closure of the street between the schools at bus loading time each afternoon, with Council later agreeing to proceed with a permanent means of traffic control for the area.

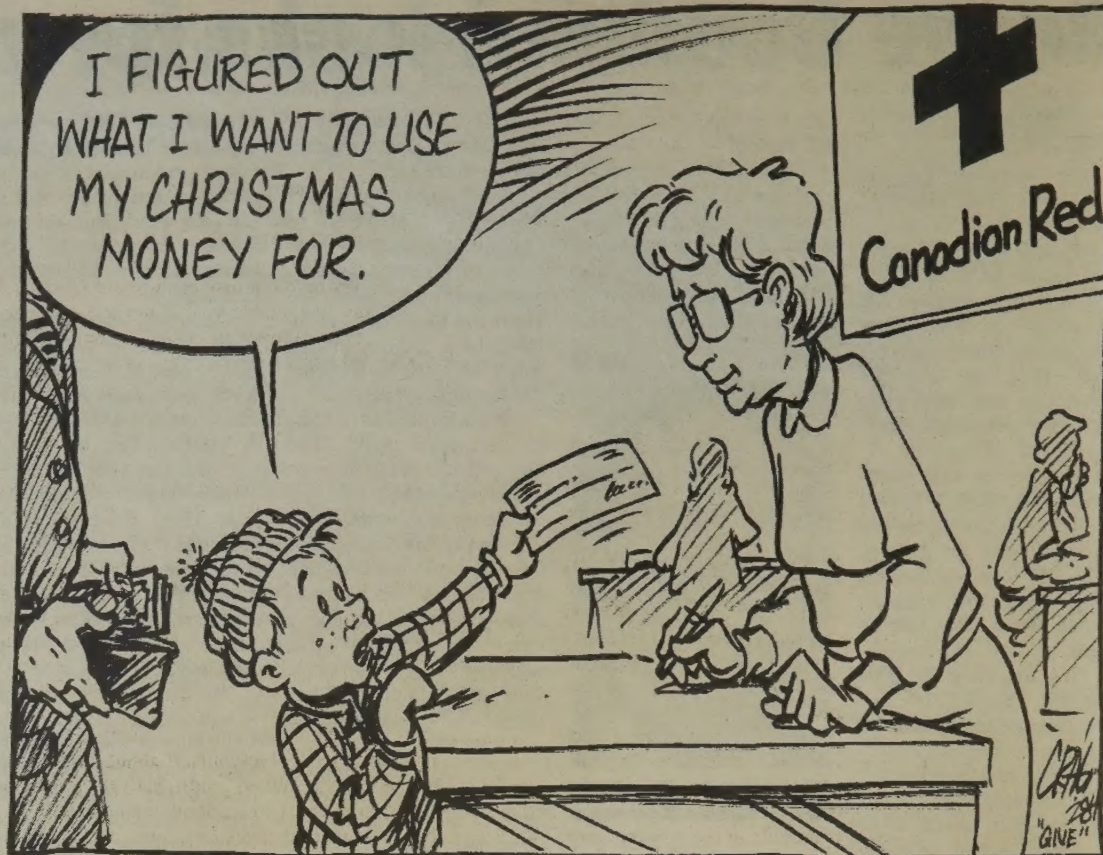
1995

The International Year of the Family ended in great style as Elk Point held their first-ever First Night Fest with a full afternoon and evening of activities capped off with a fireworks display. Quin Darichuk of Pierceland, SK won a cow herd for Christmas in the Ag Society's Instant Rancher raffle.

2000

Elk Point's fifth First Night Fest gave a family-style welcome to the not-so-scary year 2000. County of St. Paul reeve Robert Bouchard predicted smoother progress for his council, and heaved a sigh of relief at the transfer back of responsibility for upkeep of secondary highways to the provincial government.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.



GUEST COLUMN

Songs tell stories of long ago

It must be age-related, but it seems there are certain songs that have meaning to some of us and not to others. At the same time, have you noticed how the current songs keep taking up our listening time and the older songs get put on the back burner. My thoughts go back to the music played at Christmas time.

There seem to be a lot of songs written for this season of the year. Some will be repeated next year, but most will be forgotten. The Christmas carols seem to be different. Most of them have an old history, and to some of us, it didn't seem like Christmas until we sang the Christmas carols. So there you go!

When children take piano lessons from some of the older music books, there is a song in there that I really didn't know what it meant, other than that it was a simple song for the students to learn. It is "The Bonnie Banks O' Loch Lomond." I never knew all the words except: "O, ye take the high road and I'll take the low road, and I'll be in Scotland before ye..." Anyway, the other day I found out the meaning of this old song.

An old Celtic belief still current in Scotland, Ireland, Wales and Brittany, has it that when a man meets with death in a foreign land, his spirit returns to the place of his birth by an underground fairy way, "the low road."

In 1745, during the retreat of the Scottish army follow-

ing its invasion of England, several of the wounded unfortunately had to be left behind in Carlisle, as they could not struggle further. Many of them fell into the hands of the English and were flung into the Carlisle prison. The song, "The Bonnie Banks O' Loch Lomond," which was undoubtedly written at that period, tells of tow of the Scottish prisoners, one of whom was to be released and who would take 'the high road' home to Scotland, while the other, who was to be executed, would take 'the low road.' As the release of one and execution of the other were timed for the same hour, the dead, traveling by 'the low road' with the speed of the spirit, would naturally or supernaturally, be in Scotland before the living, who would have to tram several weary miles of 'the high road' before he could hope to cross the border.

All the above comes from "The Holly Leaf Chronicle of the Clan Irwin Association" found in the third quarter 2004 magazine. Maybe some of you were familiar with that old song. Anyway, now I understand the story behind the song.

It can probably be stated that music is written as an artistic expression of the composers' feeling about something. The composition becomes meaningful to others if they can relate. And then, what is important is the "tune style". It has to be attractive to us. Hence, some songs that are old or new will be remembered while others will not be remembered.

As you begin the new year of 2005, may the songs you enjoy be an important part of your lives. There is a song that has been composed for the 2005 Alberta Centennial which has meaningful words and a tune that is catchy. I man looking forward to learning it. If you are interested, go to www.gov.ab.ca/alberta2005 and you can hear it there.



deanna
EASTHOPE

from the FCSS desk

Alberta: a Centennial Moment

"To be or become an Albertan is to enter the history of the place — to become part of that history and to help shape it."

- Alberta Centennial Website

ELK POINT REVIEW

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New Year's resolutions for a healthier you

Have you made your New Year's Resolution yet? If your resolution started with "I'm never going to" or "I'll always avoid", the better question might be - have you broken your New Year's Resolution yet? You've probably found out that strict resolutions can be hard to follow especially when it comes to eating and physical activity.

If you ended the Christmas season with a few extra pounds you don't want to keep, regular physical activity and healthy eating are the key.

Rather than setting unrealistic goals, why not simply resolve to eat well most of the time? Healthy eating means making better food choices for the nutrition you need. Check out Canada's Food Guide to Healthy Eating; use it as a guide to getting your diet on track. Aim for lower fat, higher fiber for most of your choices from the four food groups and enjoy the food you eat.

The food you eat should be spread over the entire day, starting with breakfast. Include something from at least three of the four food groups at each meal. Most of the food intake should be from the grain products and the vegetables and fruits groups. This may sound like a lot of food to eat, but you'll realize it's not when you check out the portion sizes for one serving.

Reducing fat intake can be achieved through simple steps such as trimming the fat from foods, using lower fat cooking methods, eating smaller portions of meats and fats and of course limiting intake of snack foods. There's no need to rush out to buy every Low Fat product in the grocery store. Some of these products will add variety and interest to your food intake, but they should be used in moderation.



Linda FOX
Registered Dietitian

Learning to enjoy smaller portions of your higher fat favorites can be much easier than vowing to never eat that food again. Choosing those foods in moderation is a step in the right direction.

Healthy eating also means variety. When your diet is made up of many foods, it is more interesting and likely more nutritious. New foods can add nutrients you may not always get. Trying out a new or different food, such as a vegetable you've never eaten, once every month or so is a step towards adding variety to your diet.

Most importantly, for a successful resolution, make gradual changes that are realistic for you. For example, if you have a large muffin with coffee at your break each morning, resolve to eat half the muffin with your coffee and add a glass of milk or a piece of fruit to make it more nutritious. By doing this, you haven't cut out the snack, just made it healthier.

These same goal-setting tips will help you to reach your physical activity goal. Choose activities that interest you and that fit easily into your schedule. Be realistic, start off small and slowly aim for your target goal. Canada's Physical Activity Guide to Healthy Active Living can help you set reasonable goals.

Once you've set a small goal and are actively involved in steps to achieve that goal, give yourself about three weeks for it to become a habit. When you're actively practicing that new habit, you're ready to set another small goal.

Remember that small changes over time add up to big changes that can really make a difference in overall health.

For more information, call Linda Fox, Registered

Winter tree care

Winter brings frigid temperatures, icy winds, and plenty of snow. Just as people battle Mother Nature at this time of the year, so do trees, with one major exception: trees can't avoid exposure to the elements.

"While your trees seem to be in a state of hibernation in the winter, exposure to the tough conditions can cause them major stress," said Jim Skiera, Executive Director of the International Society of Arboriculture (ISA). "Minimize that stress by helping your trees through the cold months, a little at a time. If you take care of your trees in the winter, you'll be rewarded in the spring."

1. Put composted organic mulch under your tree in the fall or early winter to help retain water and reduce temperature extremes. A thin layer of mulch will act like a blanket and give the tree's roots a little extra winter protection.

2. Give your trees a drink. Winter droughts require watering as much as summer droughts. If temperatures permit, an occasional watering during the winter on young trees can be a lifesaver. But be sure to water only when soil and trees are cool but not frozen.

3. Prune your trees. Winter is actually one of the best times to prune because it is easier to see the structure of trees without their leaves. But limit pruning to deadwood and poorly placed branches in order to save as many living branches as possible.

4. Prevent mechanical injuries. Branch breakage or splitting can be caused by ice and snow accumulation, or chewing and rubbing by animals. Prevent problems from occurring on young trees by wrapping the base of trees in a hard, plastic guard or a metal hardware cloth. Wrapping trees with burlap or plastic cloth also can prevent temperature damage. Just remember to remove the wraps and guards in the spring to prevent damage when the tree begins to grow.

Lean ground beef helps you keep your New Year's resolutions

January is traditionally a time when families resolve to slim their waistlines, but at the same time, fatten their depleted wallets.

When it comes to meal planning, versatile lean and extra lean ground beef fit the bill on both accounts.

Many people mistakenly believe that ground beef is not as nutritious as more expensive cuts of beef. Dietitian Lisa Mina re-sponds, "Ground beef is a great example of a food that combines nutrition and value."

As nutrition communications manager at the Beef Information Centre, Mina continues: "grinding the meat doesn't reduce the nutritional goodness of beef. Ground beef is an excellent source of protein, zinc, vitamin B12 and a good source of ready-to-use iron. It also provides other B vitamins - thiamin, riboflavin, niacin and vitamin B6."

In fact, lean and extra lean ground beef qualify for the Heart and Stroke Foundation of Canada's Health CheckTM education program. The Health CheckTM symbol designates foods that are healthy choices based on specific nutritional recommendations in Canada's Food Guide to Healthy Eating.

Included in those recommendations is the advice to choose leaner meats more often. When it comes to ground beef, that's what Canadians are doing. Lean and extra lean now account for over 70 percent of ground beef sold.

Moreover, consumers who buy medium or regular ground beef, for economy reasons, can also reduce fat by about one-third when they drain it during cooking.

"Current government regulations specify the maximum fat content in various types of ground beef," says Mina, "but

most consumers don't know the values. Therefore, we welcome the move to mandatory nutrition labeling on many foods, including ground meats."

Although Nutrition Facts tables on ground meats will not be compulsory until December 2005, some grocery stores will likely start applying them to packages much sooner. When they do, consumers will be able to see not only the fat content, but also the protein and iron in the ground beef they are buying.

While nutrition and economy are important, versatility and taste are also reasons why ground beef shows up so often on Canadian dinner plates.

Burgers, meat loaves, lasagna, spaghetti sauce, moussaka, meatballs and pasta, even stir-fry and quesadillas are all family favourites made with ground beef.

For some fresh recipe ideas, as well as nutrition and Health CheckTM information on ground beef, pick up the free booklet "Simply Nutritious ... Lean Ground Beef" at participating grocery stores. And while you're there, buy a package of extra lean or lean ground beef so that you can make the Clever Quesadillas recipe tonight. Recipes and booklets can also be downloaded, ordered online at www.beefinfo.org or by calling 1-888-248-BEEF (2333).

CLEVER QUESADILLAS

These mildly spiced, nutrient-packed quesadillas are more of a meal than the traditional cheese variety.

Preparation Time: 5 minutes
Cooking Time: 20 minutes
12 oz (375 g) Extra Lean Ground Beef

1 tbsp (15 mL) chili powder
1/2 cup (125 mL) EACH shredded light Cheddar cheese and refried beans
1/3 cup (75 mL) salsa
1 green onion, chopped
10 small flour tortillas

1. Pan-fry ground beef, seasoned with chili powder for 6-8 minutes, breaking meat into small chunks with back of spoon, until beef is browned and cooked through. Remove from heat.

2. Stir in cheese, refried beans, salsa and green onion. Spread 1/2 cup (125 mL) over 1 tortilla; top with a second tortilla. Repeat with remaining 8 tortillas.

3. Bake on cookie sheet at 450°F (230°C) for 8 to 10 minutes or until golden. Cut into wedges.

Makes 5 servings.
Per Serving: 452 Calories, 27 g protein, 14 g fat, 54 g carbohydrate

% Daily Value (DV): an excellent source of iron (36% DV) and zinc (46% DV), 29% DV sodium

Cook's Notes:

* For a child-friendly no-spice version, use ketchup instead of salsa and reduce or omit the

chili powder.

* This recipe uses about half a can (14 oz/398 mL) of refried beans - the remaining beans can be frozen to use the next time you make a batch.

* These quesadillas can also be browned on the grill or in an ungreased skillet, turning after browning on each side.

MINI MEAT LOAVES

These little meat loaves are perfect for families with staggered schedules.

You can serve them hot from the oven or wrap each cooled loaf individually and freeze them for future fast meals - they heat from frozen in minutes.

Preparation time: 15 minutes
Cooking time: 30 minutes

1-1/2 lb (750 g) Extra Lean or Lean Ground Beef

1 egg, beaten

1/2 cup (125 mL) finely shredded carrot (1 large)

1/3 cup (75 mL) finely shredded onion (1 small)

1/4 cup (50 mL) dry bread crumbs

1 tsp (5 mL) dried oregano

1/4 tsp (1 mL) EACH salt

and pepper

1/2 cup (125 mL) pizza sauce

1. Combine all the ingredients plus half of the pizza sauce. Mix lightly but thoroughly to blend.

2. Lightly spray 12 muffin cups with cooking spray. Divide mixture among cups. Spoon remaining pizza sauce over meat loaf tops, dividing equally.

3. Bake in 375°F (190°C) oven for 25 to 30 minutes or

until digital rapid-read thermometer inserted into centre of a meat loaf registers 160°F (71°C).

Makes 6 servings.
Per Serving (based on Extra Lean): 224 Calories, 26 g protein, 10 g fat, 7 g carbohydrate
% Daily Value (DV): good source of iron (20% DV) and excellent source of zinc (60% DV), 14 % DV sodium

Announcement

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CLASSIFIED INDEX

1..... Auctions	14..... Lost
2..... Autos	15..... Machinery
3..... Babysitting	16..... Miscellaneous
4..... Business Opportunity	17..... Notices / Legal
5..... Commercial Real Estate	18..... Personal
6..... Employment Opportunity	19..... Pets
7..... Entertainment / Events	20..... Real Estate
8..... Feeds & Seeds	21..... Recreational
9..... For Rent	22..... Services
10..... For Sale	23..... Tenders
11..... Found	24..... Travel
12..... Garage Sales	25..... Wanted
13..... Livestock	100..... Display Ads

2 AUTO

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7 ENTERTAINMENT & EVENTS

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GRASS HAY FOR SALE - Small square bales. Ideal for horses. Elk Point area. Phone 780-656-4187. Feb1

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Highlighting the Review's top headlines of 2004

(Continued from Front Page)
round-up. Town Council passed their mill rate bylaw a full month ahead of the previous year, with rates similar to 2003. Chamber members learned about their 1792 counterparts when they took their meeting to Fort George and Buckingham House, as the Forts opened for the new season.

June

Elk Point and district residents were encouraged to "Shop Locally" in a month-long promotion spearheaded by the Chamber, CNRL and REACH Corporation. Jessica Wirsta showed the Grand Champion 4-H steer. Close to \$15,000 was raised for STARS at the fifth annual Elk Point Emergency Services golf tournament. Frog Lake Napawaew Comprehensive School sent 14 graduates into the world, while Heinsburg had five graduates this year. Town Council submitted a joint application with the County and Town of St. Paul, in search of funding for Iron Horse staging area development. Incumbent MP Dave Chatters was victorious in the federal election. Elk Point Elementary celebrated

the conclusion of an incredibly successful year at their awards night. Family teams competed at Fort George and Buckingham House in the Great Family Fur Factor Challenge.

July

The community's leaders of tomorrow were celebrated at Canada Day celebrations, and rain on the parade could not dampen the enthusiasm for the day long event, with up-and-coming country star Michael Carey featured in the stage show and gospel concert. The long-missing model of Fort George returned home at last, after a long stay at Cold Lake.

Agricultural service board members from across the province visited the area on a county-wide tour. Town Council agreed to much-needed road repairs in the industrial park. Elk Point White Sox hosted the Midget A provincials. M tis culture and tradition was celebrated at Potta Trail Days.

August

Former students and teachers were among the crowd as the newly restored Fern Chapel School was rededicated, with praise going to the countless volunteers who helped with the lengthy process. Quilt displays increased in number, but exhibits declined at Elk Point Fair. Town Council called for a crackdown on roaming youngsters and pets. Robyn Moroziuk won the tiebreaker for the 21st Oilmen's Golf Tournament championship. The new stage at Fort George and Buckingham House set the scene for its first Fort des Prairies Jamboree. Exemplary student John Braga carried home a stack of scholarships and awards as FGM's Class of 2004 celebrated their commencement.

September

Danielle Schnurer was among 100 Alberta Centennial Ambassadors who were appointed to help motivate and encourage Albertans to celebrate the province's centennial. The Chamber's summer projects were declared a success as meetings resumed after the two-month break. Four generations joined to celebrate Grandparents' Day with a walk-a-thon benefiting the Alberta Council on Aging, with Peggy Maas as the top fundraiser. Elections were scheduled in town and county when nomination day brought out a good crop of candidates. The Town's new animal control bylaw had bigger fines for owners of misbehaving pets, and required cats to be licenced for the first time. Pioneers of Elk Point Further Education, Sid Holthe, Irene Miller, Lawrence Modin and Margaret Modin were honored as the council celebrated 30 years of operation. Travis Lindquist was named

best all-around student at F. G. Miller Awards Night.

October

With Parrish Tung declared Elk Point's new mayor by acclamation, six candidates were in the running for four council seats, with incumbents Alvina Schuhmacher and Dennis Jasinsky joined by newcomers Dwayne Yaremkevich and Thomas Kondla in the new council. The Hon. Lois Hole addressed "the unsung heroes of civilization" at the Northern Lights Library System conference. Glen Ockerman, Division 1, and Tom Kurek, Division 2, were among the new councillors elected in the County of St. Paul. Elk Point mourned the loss of elder statesmen Sid Holthe, who passed away at the age of 85, with the Chamber paying special tribute to their longtime member. With the local elections completed, campaigning got underway for the provincial election. Elk Point finally had a second physician, as Dr. Oyekunle Oyebode opened his office in town.

November

The new Town council hosted a meet-and-greet evening for their ratepayers, receiving a good amount of feedback and suggestions for improvement. The Elk Point Royal Canadian Legion ended sixty years of community service by passing the torch to the community, as they hosted their final Remembrance Day ceremonies. Liberal candidate Dickson Broomfield and PC incumbent Ray Danyluk faced off in a pre-election forum at Heinsburg, days before Danyluk won a landslide victory. The Chamber's biggest-ever Extravaganza catapulted Elk Point into the Christmas season, with its gala evening of activities and entertainment.

December

The Chamber declared Extravaganza a tremendous success, with shoppers coming from a wide area to take part in the event. Craft shows, concerts and other festive celebrations brought the year to an exciting con-

clusion. The Iron Horse Trail received a long-awaited gift just before Christmas, with designation as part of the Trans Canada Trail.



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Jan. 11 - Prog. 7 will be played off.

Jan. 12 - Loonie 2 will be played off.

Jan. 13 - 4-49 Progressive Pot will be played off.

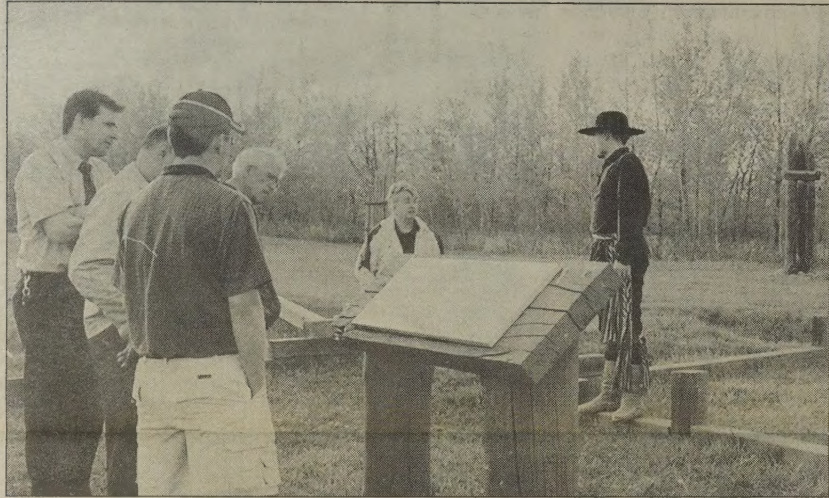
New program starts Jan. 17/05 with the addition of a second odd/even BONANZA!

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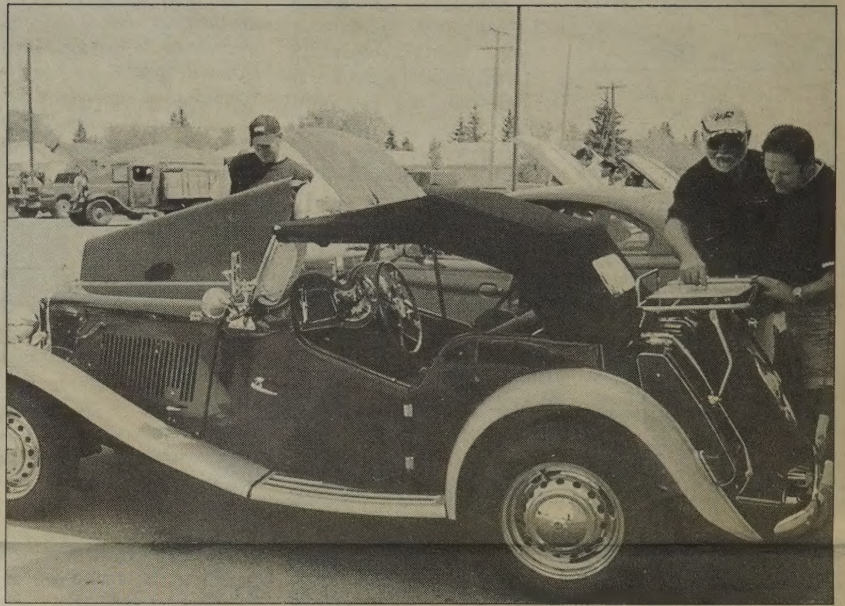
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News views: summer of 2004

The summer of 2004 brought many visitors to Elk Point and district, and saw local folks visit attractions popular with tourists. Clockwise from top left: Lieutenant Governor, The Hon. Lois Hole, was keynote speaker at the Northern Lights Library Conference; Auto Club Show and Shine visitors admire an antique MG; Site manager Ross Stromberg welcomes Elk Point Chamber of Commerce members to the site of Fort George fur trade post; and Alberta Carriage Association members took a tour on the Iron Horse Trail.



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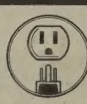
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